

Robust Vocabulary Lesson 6

1. **techniques**—When you practice routines or methods to help you do something, you are practicing techniques.
2. **specially**—If something has been made just for you, it has been made specially for you.
3. **struggle**—If you struggle, you try extra hard to do something.
4. **traction**—When you walk up a hill or across some ice, traction is what keeps you from sliding.
5. **agile**—If you are agile, you can move quickly and easily.
6. **spectator**—When you go to watch a game or show, you are a spectator.
7. **competitive**—When you are competitive, you try hard to win or to be the best.
8. **worthwhile**—If you decide that something is worthwhile, you think it is important.